

## CLAIMS

What is Claimed:

1. A method for causing a person to develop a skin tone noticeably lighter than the person's natural skin tone, comprising delivering an effective amount of methyl sulfonyl methane to a person in need of a lighter skin tone, at least until the person develops a skin tone noticeably lighter than before commencement of the delivery step.
2. The method of Claim 1, further comprising delivering the effective amount of methyl sulfonyl methane by periodic oral ingestion of methyl sulfonyl methane.
3. The method of Claim 2, wherein the delivering step comprises daily oral ingestion of the methyl sulfonyl methane in an amount providing a daily dose of about 20 to 150 mg/kg.
4. The method of Claim 1, further comprising delivering the effective amount of methyl sulfonyl methane by periodically ingesting a compound comprising methyl sulfonyl methane.
5. The method of Claim 4, further comprising delivering the effective amount of methyl sulfonyl methane by ingesting the compound further comprising at least one nutrient selected from vitamins, minerals, antioxidants, proteins, and amino acids.
6. The method of Claim 1, further comprising delivering the effective amount of methyl sulfonyl methane by periodic topical application of a compound comprising methyl sulfonyl methane.
7. The method of Claim 2, further comprising delivering the effective amount of methyl sulfonyl methane by periodic topical application of a compound comprising methyl sulfonyl methane.
8. The method of Claim 7, further comprising delivering the effective amount of methyl sulfonyl methane by topical application of a transdermal patch.

9. The method of Claim 7, further comprising delivering the effective amount of methyl sulfonyl methane in a compound comprising about 1 to 20 weight percent methyl sulfonyl methane for topical application.

10. The method of Claim 7, further comprising delivering the effective amount of methyl sulfonyl methane in a compound comprising greater than about 20 weight percent methyl sulfonyl methane for topical application.

11. The method of Claim 7, further comprising delivering the effective amount of methyl sulfonyl methane in a compound comprising about between about 20 to 22 weight percent methyl sulfonyl methane for topical application.

10 12. The method of Claim 7, wherein the delivering step comprises daily oral ingestion of the methyl sulfonyl methane in an amount providing a daily dose of about 20 to 150 mg/kg.

13. The method of Claim 1, further comprising delivering an exfoliate to the person during the delivery of the methyl sulfonyl methane.

15 14. The method of Claim 2, further comprising delivering an exfoliate to the person during the delivery of the methyl sulfonyl methane.

15. The method of Claim 6, further comprising delivering an exfoliate to the person during the delivery of the methyl sulfonyl methane.

20 16. The method of Claim 7, further comprising delivering an exfoliate to the person during the delivery of the methyl sulfonyl methane.

17. The method of Claim 1, wherein the delivering the effective amount of methyl sulfonyl methane is performed at least about daily.

18. The method of Claim 2, wherein the delivering the effective amount of methyl sulfonyl methane is performed at least about daily.

19. The method of Claim 6, wherein the delivering the effective amount of methyl sulfonyl methane is performed at least about daily.

20. The method of Claim 7, wherein the delivering the effective amount of methyl sulfonyl methane is performed at least about daily.

5

10